

ABSTRACT OF THE DISCLOSURE

A suspension having a powder of RBC (rice bran ceramics) suspended in a liquid resin is used as a solid lubricant.

- 5 The solid lubricant preferably has an RBC proportion of 22 to 74% by weight. The RBC preferably has a mean particle diameter not exceeding 5 μ m. An acrylic silicone resin is preferably used as the liquid resin used as the binder. The solid lubricant is applied onto the sliding surface of a sliding member made
10 of a metal, any of various resins, etc. to form a dry film thereon.